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## HOMICIDES IN HALIFAX

# This *has* to stop.

**"Clearly we have to listen, and we have to know what's on their mind."**

– Mayor Mike Savage on community involvement



**"Really it's down to saying, 'Community, you need to tell us what we need to do,' and we need to listen."**

– District 8 Coun. Lindell Smith



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## SALARIES

### Council wants second look at pay

Halifax regional councillors voted Tuesday to have the municipality's top bureaucrat take another look at the formula that determines their salaries.

Council voted 11-2 in favour of Deputy Mayor Steve Craig's motion to have new CAO Jacques Dubé take a second look at a report that was voted down earlier this year. That report was the result of a committee struck to come up with a new formula to calculate councillors' pay. Its recommendations would've meant councillors would be paid 25 per cent more than the average full-time worker in Halifax.

The deputy mayor would get 10 per cent on top of that, and the mayor would be paid 2.2 times what councillors make. The formula would've meant a pay cut for councillors, so the

committee recommended a freeze till the rest of the municipality caught up.

Craig said Tuesday he wanted "fresh eyes" — a new CAO and new council — to take another look at that report.

"Nobody's comfortable talking about how much we get paid, but nobody else is gonna do it. Nobody else has the authority to do it," he said.

Coun. Steve Adams was one of two votes against Craig's motion.

"I'm not going to go through another exercise like that. It sounds like we are, but I'm not going to support it," he said.

Adams, along with a few other councillors, said he'd be willing to freeze his wage, but he didn't want to use staff resources on looking at the formula again.

ZANE WOODFORD/METRO

## Council votes to slow transit redesign plan

### DEFERRAL

### Moving Forward Together plan decision pushed to next meeting



**Zane Woodford**  
Metro | Halifax

Nothing really moved forward on Tuesday after regional council's debate about Halifax Transit's redesign plan.

Council voted Tuesday evening to wait until its next meeting to decide whether to wait until next year to make its next decision on the Moving Forward Together plan.

The plan as a whole was approved back in April, but at the time, councillors asked for a staff report on 23 potential amendments — mostly to save bus service in their respective neighbourhoods. The decision it faced Tuesday was whether to accept staff's recommendation to adopt only one of those amendments.

There was some confusion about whether the plan as a whole had already been approved — it had.

Coun. Tony Mancini told reporters during a break in the debate that he thinks that could've been better communicated. He put a motion on the floor to defer debate till council



It will now be the next meeting before they decide whether to wait until next year to make its next decision on Moving Forward Together. JEFF HARPER/METRO

receives both the municipality's Integrated Mobility Plan and Centre Plan.

"It's about data and information, especially the Integrated Mobility Plan. There's going to be a major element of that that has to do specifically with transit and some bold moves," he said. "So rather than having that discussion now, and everyone defending their own territory within the region, why don't we wait until we have more information? At that point in time, we can get up and defend."

Mancini shared the sentiment of many around the council table: that the plan is flawed, but better than nothing.

"We need to encourage more people to leave their car home and get on a bus, and this plan doesn't do it," he said.

The advocacy group It's More Than Buses had called on council to halt the plan completely to gather more data and hire an expert.

That wasn't an option considered on Tuesday, since the plan itself has already been ap-

### + ADVOCATES

Jeff Blair said his group will now focus on lobbying for changes to the main corridor routes in the plan.

proved. But council's deferral gives the group some hope.

"If council has decided to take a break and wait two weeks, then that's alright with us," said spokesperson Jeff Blair.

## IN BRIEF

### Staff to look at stormwater right-of-way area fee

Halifax regional council voted Tuesday to have staff prepare a report on changing the way the municipality collects its stormwater right-of-way fee. The report will look at the option of creating an area tax rate to collect the fee from people within the Halifax Water service boundary.

METRO

### Sidewalk snow clearing changes go ahead

Halifax regional council voted in favour of a staff recommendation to make some minor changes to the

way it contracts sidewalk snow clearing, but there could be some bigger changes on the way.

Council voted in favour of a report that recommended the municipality maintain its existing service standards when it puts out for new contracts next spring; consolidate some contracts from routes to zones; combine street and sidewalk snow clearing tenders in some areas; and "improve communications with property owners regarding clearing of property and maintain existing sidewalk service." ZANE WOODFORD/METRO



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# Man gets 10 years jail for role in Halifax mass-murder plot

## SENTENCING

### Shepherd described as a secondary character



**Adina Bresge**  
For Metro | Halifax

Two days before Randall Shepherd was arrested for his involvement in an alleged plot to kill shoppers at a Halifax mall with rifles and firebombs, he recorded a "goodbye" video reflecting on his decision not to participate in the planned massacre.

"My last f— you to the world is not stopping it," Shepherd said in the recording, according to an agreed statement of facts. "Standing back and let someone else put Halifax on the map, someone else like, be somebody."

Shepherd, 22, was sentenced Tuesday in Nova Scotia Supreme Court to 10 years behind bars, after pleading guilty to conspiracy to commit murder.

Slumped over a desk in a leather jacket, Shepherd buried his head in his arms as the Crown portrayed him as a disaffected loner, who resisted acts of violence, but nonetheless acted as a "cheerleader" in the mass-murder plot.

The Crown alleges that

Shepherd conspired to help James Gamble and Lindsay Kantha Souvannarath carry out a detailed plan to shoot unsuspecting mall-goers in the food court of the Halifax Shopping Centre on Valentine's Day in 2015.

Police foiled the plot thanks to a Crime Stoppers tip, and the day before the attack was supposed to occur, arrested Shepherd while he was waiting for Souvannarath to arrive at Stanfield Airport. Gamble, 19, fatally shot himself in his Timberlea home.

Souvannarath is in jail awaiting trial.

Crown lawyer Shauna MacDonald told the court that in some ways, the harrowing plan to "put Halifax on the map" achieved its goal by stirring up unease in the community that one of their own could have such violent motives.

"This plan would have changed the face of Halifax forever," MacDonald said. "It was meant to be individuals engaging in their everyday lives — running errands, shopping, grabbing a bite to eat ... The attack was directed at the normal."

MacDonald cited terrorism cases as precedent for a joint recommendation between the Crown and the defence that Shepherd receive a 10-year sentence with credit for time served.

Defence lawyer Roger Burrill characterized Shep-



**Randall Steven Shepherd**, seen at Halifax provincial court in 2015, pleaded guilty to conspiracy to commit murder. METRO FILE

herd's plight as "a story of extreme youth disaffection," a homeschooled social outcast drawn into a destructive spiral by Gamble, who was repeatedly described as his only friend.

Burrill said Shepherd played a lesser role in the conspiracy and was not fully aware of the plan's "psychotic dimensions."

He compared Shepherd's role in the conspiracy as that of an "outer planet" in a solar system that orbited around Gamble's obsession with mass killings.

Shepherd's involvement in

the plot "may have saved his life," said Burrill, as his client was suicidal at the time of the arrest.

Before making a statement to the court, Shepherd turned his head to look at members of the gallery who were stifling back tears.

"I have no right to ask for anyone's forgiveness," Shepherd said. "I was a different person then."

As Justice Patrick Duncan handed down his sentence, he said there is some hope for Shepherd's future, but reserved predictions — for now.



**Lindsay Kantha Souvannarath**, seen at Halifax provincial court in 2015, is in custody awaiting trial. METRO FILE

**This plan would have changed the face of Halifax forever.**

Shauna MacDonald

## COURT

# Lawyers to make closing arguments in Brent Hawkes' trial

Brent Hawkes' lawyers conceded Tuesday that teenagers drank alcohol at the Toronto pastor's Nova Scotia trailer during the mid 1970s, much to the prosecutor's surprise.

Crown lawyer Bob Morrison had intended to call rebuttal witnesses to testify that other students, and not only the three witnesses who testified last week at Hawkes' gross indecency trial, drank alcohol at his Greenwood, N.S., home.

But the defence said they didn't disagree with the Crown on that point, so there was no need to hear from the wit-

nesses.

"It was a bit of a surprise," Morrison said outside the Kentville courtroom on Tuesday, the fifth day of the trial. "That's not what I had recollected (Hawkes') evidence was ... but the defence did concede that yes, in fact, he was aware that was taking place."

Morrison and defence lawyer Clayton Ruby will make closing arguments Wednesday in a case that has challenged the memory of witnesses as they recounted events that happened more than 40 years ago.

## BACKGROUND

Originally from Bath, N.B., Brent Hawkes has been senior pastor at the Metropolitan Community Church of Toronto for 38 years.

Considered one of the spiritual leaders of Toronto's gay community, he is also known as a vocal proponent of same-sex marriage, and in 2007 was appointed to the Order of Canada.

Hawkes, a high-profile rights activist, has pleaded not guilty to charges of indecent assault and gross indecency. The charges stem from events in the mid-1970s when he was a

teacher in his mid-20s in the Annapolis Valley.

The judge-alone trial has heard emotional testimony from a middle-aged man who said Hawkes led him down a

hallway naked during a drunken get-together at his trailer and forced oral sex on him in a bedroom when he was about 16 years old.

But taking the stand in his own defence, Hawkes categorically denied the allegations.

"It's not true. It did not happen," Hawkes said last Thursday in a hushed voice, shaking his head.

The accuracy of the complainant's memories and the memories of two other witnesses have been questioned by Ruby throughout the trial.

All three men have said they

recall some things about the day in question, but other parts are foggy. Some details about a get-together at Hawkes' trailer have differed among the three men.

Ruby has suggested the complainant has reconstructed some memories surrounding the alleged sex offences. He noted a judge in a separate civil case involving the complainant found he had reconstructed his actions during testimony in that case, rather than recalled them from direct memory.

THE CANADIAN PRESS



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## HOMICIDES IN HALIFAX

## SHOOTINGS

## People on edge as killings go on

The city's third fatal shooting in nine days has people on edge and police increasing their presence in certain areas.

"It's concerning for everybody and we're doing everything we can to solve these crimes and figure out why they're happening," Halifax Regional Police spokeswoman Const. Dianne Woodworth said in an interview on Tuesday.

"People have been asking 'Are we concerned about future violence? Well yes, because it's happening around us in the streets and we're concerned about people. (Monday's shooting) was not late at night."

Tyler Ronald Joseph Keizer, 22, of Halifax was shot inside a car near Falkland and Gottingen streets at around 10:50 p.m. Monday evening.

He was treated by bystanders and paramedics but later died from his injuries.

This marks the city's 12th homicide in 2016.

"We're doing everything we can but there again it's a community effort," Woodworth said.

"We believe there are people that have information, and in order to stop future acts of violence we need to figure out why these other ones have happened and so we need people to come forward."

Woodworth said she understands why people might not be feeling safe with gun violence happening in the community and on the street.

"I can't say 'Oh don't worry about it,' because of course it's very upsetting what has been happening," she said.

She added that police have dedicated beat and community officers reaching out to the public.

"That's really where we're going to get this information to solve these current investigations and hopefully stop further ones," she said.

YVETTE D'ENTREMONT/METRO



Police at the scene of the Nov. 14th shooting death on Cragg Avenue. JEFF HARPER/METRO



Halifax Regional Police were still on scene of an overnight shooting death on Gottingen Street, however all streets have been re-opened. JEFF HARPER/METRO

## Community key to ending gun violence

## MURDERS

## Coun. Smith makes appeal to public during 'a tough time'



Yvette d'Entremont  
Metro | Halifax

Ending the gun violence plaguing Halifax can't happen without direction from the community.

That was a large part of the message delivered by Coun. Lindell Smith and Mayor Mike Savage during a media scrum at Halifax City Hall on Tuesday.

The conversation with reporters occurred the day after another fatal shooting in Halifax that claimed the life of a 22-year-old man. It is the city's 12th homicide for 2016 and is the third fatal shooting in nine days.

"At this point, whatever we've done for the past year or so hasn't worked, so really it's down to saying, 'Community, you need to tell us what we need to do,' and we need to listen," Smith said.

The councillor for Halifax Peninsula North acknowledged that gun violence has made this "a tough time" for both the city

and community. He said before they can effectively deal with the problem, government officials have to determine how they can support the community's needs and wants.

Despite having many of his own ideas, Smith said he wouldn't put any forward until he had an opportunity to talk to more residents.

"It just doesn't come down to elected officials, it comes down to community really trying to say, 'We don't want to see the violence, and we need to work as a collective,'" Smith said.

When asked about the possibility of hosting another municipal gun amnesty, Smith said the recent amnesty served an important purpose but didn't stop the violence.

"We did get guns off the street, but we also lost three young people in a short amount of time," he said.

"So there's a lot of work to do, but I'm confident that once we let the community lead it, we'll really make some ground."

Smith encouraged those affected by the violence to take advantage of local support systems,

12

The number of homicides in Halifax for 2016.

including trauma specialists and community organizations.

"We can't take it on all alone especially with the short timeline of all the violence. Plus, the young people who are affected," he said. "These young people, especially young kids, are going to live with this for a long time. As adults, we need to say, 'Listen, it's OK. We are here to help you, and to support you.'"

The mayor echoed Smith's comments about listening to and working with the community in order to address the gun violence issue.

"We're not trying to impose anything on the community," Savage said.

"Clearly we have to listen, and we have to know what's on their mind, because they probably know a lot better than we do."

WITH FILES FROM ZANE WOODFORD

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## RENEWABLE ENERGY

## Underwater turbine powers up

A massive underwater turbine started generating electricity from the world's highest tides in the Bay of Fundy on Tuesday, a test project the Nova Scotia government says marks a turning point for Canada's renewable energy sector.

North America's first in-stream tidal turbine was linked to the province's electricity grid around noon, said Cape Sharp Tidal, the consortium behind the project.

It's producing enough energy to power 500 Nova Scotia homes.

"This is a proud and historic moment in Nova Scotia's global

leadership in the responsible development of a renewable energy source," Nova Scotia Energy Minister Michel Samson said in a statement.

The partnership includes Halifax-based Emera Inc. and Open-Hydro, a French conglomerate that specializes in naval defence and energy. Its two-megawatt turbine was lowered to the bottom of the bay two weeks ago. The 1,000-tonne machine is about five storeys tall, but it is only a test model. It's anchored on the seabed at the eastern end of the bay in the Minas Passage, a

300

Number of people employed on the project.

five-kilometre-wide channel near Parrsboro, N.S. The tides there left

a smaller test turbine damaged in 2009. A second test turbine will be installed next year.

Still, the renewable energy project will displace the need to burn 2,000 tonnes of coal, the province said. THE CANADIAN PRESS

## SCHOOLS

## Possible teacher action looms

The Nova Scotia government is warning parents they should make plans in case their children aren't in class after Dec. 5.

An "information notice" from the provincial Education Department was sent to parents of Halifax Regional School Board students Tuesday evening.

Teachers are in a legal strike position as of Dec. 3, and job action could come the following Monday. The Nova Scotia Teachers Union must give 48 hours'

notice of job action.

In his email to parents distributing the notice, Halifax school superintendent Elwin LeRoux said he remains optimistic both sides "are committed to finding a solution."

But the notice says schools "could close" if teachers strike, while work-to-rule actions could affect drop-off and pick-up times, lunch supervision and extracurricular activities.

THE CANADIAN PRESS

## + BACKGROUND

## Conciliation still possible

Last Thursday, Education Minister Karen Casey and the NSTU announced they would meet a conciliator ahead of the Dec. 3 deadline. That followed failed attempts to convene a conciliation board and go to mediation.



Some of Victoria General Hospital's services may move to the QEI Halifax Infirmary site.

JEFF HARPER/METRO

## Toronto firm will map hospital future

## HEALTH

## To set out plan for Atlantic Canada's big research site

A Toronto-based firm has been hired by the Nova Scotia government to produce a development master plan for Atlantic Canada's largest research hospital.

Health Minister Leo Glavine announced Tuesday that Kasian Architecture had been awarded a \$1.9-million contract and would be responsible for presenting a detailed plan for the QEI Health Sciences hospital complex by late 2017.

"The master planning and programming phase is a critical piece of the QEI project," said Glavine. "It will examine health-care needs and trends and what spaces we will need

to deliver care over the next 20 years and beyond."

The provincial government announced plans for the five-to-seven-year hospital project in April.

The move followed more than a decade of public pressure to do something about the QEI's aging Victoria General Hospital site, which has been plagued by heating issues, rodents, bedbugs, foul water and floods that have cancelled hundreds of surgeries.

Glavine said Kasian would work with seven Nova Scotia consulting firms on a project that will lead to a detailed design phase.

Terry Smith-Lamothe, senior architect for health care for the Department of Transportation and Infrastructure Renewal, said Kasian Architecture comes with a proven track record in the planning and design of health-care facilities.

"They specialize in this and

we are very confident their results will live up to their reputation," said Smith-Lamothe.

Provincial officials had said in April that some health services would move from two buildings at the aging Victoria General Hospital site to the nearby Infirmary building by the end of this year, however Tuesday's announcement means that won't happen until a later date.

"After a lot of reviewing, it became evident that we don't have the capacity within these walls at the moment to move the appropriate number of beds into the Halifax Infirmary," said Paula Bond, vice-president of the Nova Scotia Health Authority.

The project includes planning the expansion and renovations of the QEI's Halifax Infirmary site, as well as some specialized community and outpatient centres.

THE CANADIAN PRESS

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Susan Walker (Zoe Brown), right, tugs on the beard of Kris Kringle (Wade Lynch) beard during a media call for Neptune Theatre's production of *Miracle on 34th Street*. Right: The store is packed with shoppers visiting Santa Claus. JEFF HARPER/METRO

# Family found on 34th Street

## THEATRE

### Christmas classic opens Friday at Neptune



**Haley Ryan**  
Metro | Halifax

There came a moment in Wade Lynch's life when he stopped and asked himself: Am I really Santa Claus?

Lynch appears as Kris Kringle in Neptune Theatre's *Miracle on 34th Street* in Foun-

tain Hall, opening this Friday, adapted from the 1947 film.

During a media call for the show Tuesday, Lynch said he agreed to be in the play before he knew they wanted him to play Kringle, since he expected to be cast as the judge or maybe Mr. Macy.

"This role is a gift. It's hard not to say 'yes' to a role for a character that's universally loved," Lynch said.

The story begins with Kringle being hired by Doris Walker to play the Macy's Santa, and he soon has everyone feeling the Christmas spirit — even Susan Walker, Doris' daughter, who's been

raised not to believe in fairy tales. When he is put on trial for insanity after insisting he is the real Santa Claus, everyone's faith is put to the test.

Lynch said the interesting challenge about this Kris Kringle is he's no "two-dimensional" mall Santa that only goes "ho ho ho," but has real depth.

"In the second week of rehearsal I stopped thinking about the script, and really started thinking 'now wait a second, am I Kris Kringle or am I that man in the (care) home?' And I had to decide that I am Santa Claus, that's my driving purpose," Lynch

said with a smile.

George Pothitos, Neptune's artistic director, adapted the play from the classic film, which was one of his favourite movies growing up. He said Tuesday one of Santa's lines about everything being shinier, newer, and faster is so true — and it can take away from the holiday's real purpose.

"Santa himself says the idea of Christmas, it's a frame of mind ... You just have to change the frame of mind into the positive rather than 'Oh, I gotta buy a present,'" Pothitos said.

The story's staying power

is due to the universal appeal of belief, Lynch said, and faith that goodness will prevail — now more important than ever in light of the hatred brought out in the American election.

"I still believe that good things are going to come out of bad things. You have to, because why carry on if you don't believe in a positive outcome," Lynch said.

"You can work towards that ... It's like 'I'm going to make it come true because I need it to.'"

The importance of bringing family together for the holidays is what he hopes people

## + TICKETS

*Miracle on 34th Street* opens Friday, running until Dec. 31. Tickets start at \$33, and are available at the Neptune box office or through [neptunetheatre.com](http://neptunetheatre.com)

take away as they walk out of the theatre, back home to loved ones, Lynch said, his voice breaking with emotion.

"Even if you don't believe in Christmas, in wintertime believing in family is wonderful," he said.



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Marie Henein with client Jian Ghomeshi during trial. BERNARD WEIL/TORSTAR NEWS SERVICE FILE

# Henein's talk tour subject of debate

## CONTROVERSY

### Ghomeshi's lawyer to speak at four universities

The choice of Jian Ghomeshi's lawyer as a speaker at four Canadian universities is sparking debate on one Nova Scotia campus.

Marie Henein, a prominent Toronto defence lawyer, is scheduled to speak at Bishops University in February, with the presentation live-streamed to St. Francis Xavier, Acadia and Mount Allison universities.

Jasmine Cormier, a student at St. F.X. in Antigonish, has written an article in that university's weekly newspaper, saying Henein's selection serves to silence victims and perpetuate rape culture.

"After all the controversy last year surrounding this trial and all the controversial things she said about women and victims and survivors in the past, it's such a disservice to students who are victims of sexual vio-

lence, who should feel safe coming forward, especially on a university campus," Cormier said in an interview.

Lucille Harper, executive director of the Antigonish Women's Resource Centre, said the choice of Henein minimizes the issue of sexualized violence and ignores its pervasiveness across campuses.

"They ignore the fact that in bringing this person in you are potentially retraumatizing students on your campus who have experienced sexual violence, or making it really clear as to what might happen should you come forward and disclose sexual violence to the police and go forward through a criminal justice system that you may very well be facing someone like Marie Henein," Harper said.

Cormier said she's concerned by the message sent by Henein's aggressive treatment of the women who had accused the former CBC host of sexual mis-

conduct, and she wants Henein's speech cancelled.

After Ghomeshi's acquittal in March of charges of sexual assault and choking, the then-editor of Canadian Lawyer magazine, Gail Cohen, penned what was headlined "A love letter to Marie Henein," in which she said Henein's peers consider her one of the best in her field.

"The outrage, the mudslinging, the name calling, and the general focus on Henein is a sign of the times, and not a good sign, in my humble opinion. Almost all of it shows an incredible lack of understanding by the public of the justice system, what a defence counsel's role is in the system, and what the rights of the accused are," she wrote in May.

Henein did not respond to a request for comment Tuesday.

A St. F.X. representative deferred comment to Bishops, which did not immediately respond to requests for comment.

THE CANADIAN PRESS

“It's such a disservice to students who are victims of sexual violence.” Jasmine Cormier

## INVESTIGATION

### Cape Breton U president on leave

The president of Cape Breton University has been placed on a paid leave of absence while officials investigate a governance issue.

In a statement today, the school's board of governors said David Wheeler would step aside indefinitely while an independent investigation looks into unspecified governance

matters.

Board chairman Ambrose White offered no details on the nature of the probe, adding only that the board has appointed academic vice-president Dale Keefe as acting president.

White said the investigation is expected to be done within the next month.

In a separate statement, Wheeler's lawyer Raymond Larkin referred to an investigation into his conduct during recent labour negotiations at the university, saying the probe would show the president acted in a way "that was consistent with his oath of office, board of governors policies and bylaws." THE CANADIAN PRESS

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# Youth left out of housing report

NATIONAL HOUSING STRATEGY

## Rising prices mean younger Canadians locked out



**May Warren**  
Metro | Toronto

The first glimpse at what's in store for Canada's National Housing Strategy misses the mark when it comes to millennials and young families says a youth advocate.

A federal government report released Tuesday presents the results of four months of nationwide consultations on housing that will shape recommendations in the final strategy, planned for release sometime next year.

It identifies key priorities, like eliminating homelessness, and recognizing the unique challenges indigenous people face in finding housing. But there's not enough about the growing problem of young people priced out of home ownership — and even the rental market — in big cities like Toronto, said Paul Ker-



Daniel Bernhard and his partner rent in Toronto's Little Italy. They doubt they'll ever be able to save up enough for a down payment on a home. LIZ BEDDALL/METRO

shaw, founder of the non-profit Generation Squeeze.

"I'm very discouraged by the way in which this report suggests it has heard from Canadians across the country because it is still reflecting a very outdated sense of what's happening in the housing market," he told Metro.

Jean-Yves Duclos, minister of families, children and social

development, said the new report will help guide the housing strategy he plans to deliver at the same time as next year's federal budget.

Duclos said he also hopes to announce some new programs to incentivize rental housing construction in the weeks ahead after the government put out a call for proposals earlier this year.

The \$2.5-billion project, spread over four years, is meant to make sure more affordable rental housing is built in Canada more immediately as the government works on a longer-term strategy.

He said they will be looking for innovative ideas on how to build more rental housing.

"It's a broad spectrum of partners municipalities will be able

to be there, private and social sectors as well," Duclos said.

Youth are mentioned in the report, but they are lumped into a category of vulnerable groups called "other," along with LGBTQ people and veterans. They're also not highlighted at all in the executive summary.

The report fails to recognize that while rising home prices, across the country have benefited older Canadians, younger people have lost out because they just can't crack the market, Kershaw said.

It's a problem Toronto's Daniel Bernhard knows well.

The 29-year-old small business owner shares a one-bedroom plus den apartment in Little Italy with his partner, who's also a professional.

He'd love to own a home but "could never imagine" buying in the area. It's "basically impossible to save" with rent being so high.

"Nobody wants to talk about devaluing the housing market," Bernhard said about the report. "Unless the prices go back down to some sort of sane level, we are not going to be able to have affordable housing."

WITH FILES FROM RYAN TUMILTY/METRO

### METRO KEY FINDINGS

The 66-page report summarizes the results of four months of nationwide consultation with Canadians on what they'd like to see from a National Housing Strategy.

#### RENTAL DECAY

75% of apartment buildings across the country are more than 30 years old and "many" are in poor shape or in need of repair.

#### INCOME VS. COST

The price of houses across the country has grown, on average, almost three times faster than income over the last 15 years.

#### HOMELESSNESS

A fundamental goal should be eliminating homelessness, or, if that's not possible, make it more rare.

#### INDIGENOUS HOUSING

According to the report, indigenous peoples said that they want a separate, parallel strategy for the unique housing challenges they face, on and off reserves.

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### IN BRIEF

#### Small municipalities won't benefit from infrastructure bank

Finance Minister Bill Morneau is suggesting that small municipalities won't see much — if any — benefit from the federal government's proposed new infrastructure bank.

The bank is intended to attract billions in private investment for public infrastructure projects.

But Morneau told the Federation of Canadian Municipalities on Tuesday that global institutional investors will be looking to invest only in "large transformational projects," from which they can earn a high rate of return.

THE CANADIAN PRESS

#### Drug users warned after carfentanil seized

Vancouver police are warning drug users to be cautious following the seizure of an opioid that is used to tranquilize elephants and believed to be 100 times more powerful than fentanyl.

Police said it was the first time the drug was seen in Vancouver, but it has appeared elsewhere in Canada, including Alberta, Manitoba and Ontario.

THE CANADIAN PRESS

### BLACK FRIDAY

## Using technology to help you snag a deal

With Canadian retailers trying to keep people shopping on this side of the border on Black Friday, the best deal might come from your computer, tablet or phone screen.

Even if you're out and about, there are plenty of ways to use technology to make sure you are actually getting a deal.

#### DO YOUR RESEARCH

Most of the big retailers already have their flyers out, and plenty of sites are compiling them. Flipp is an app that collects all your local flyers and lets you search them. Redflagdeals.com also has a Black Friday section where deal hunters share their tips.

#### COMPARISON SHOP

Know the regular price of what you are looking for. Bar code scanner apps, like Shopsy, should be your go-to tool as well as price comparison sites, including Google Shopping.

#### START EARLY

Some sales have already begun, like at Best Buy. For the most part, in-person and online, the early bird gets the deal. Online offerings

tend to start at the stroke of midnight, and some e-tailers let you add to your cart beforehand.

#### CHECK YOUR INFORMATION

If you are using an online retailer like Amazon.ca, take some time and sign up or confirm that the online service has your preferred credit card and shipping address. If something scarce goes on sale, the time it takes to set all that up matters. Also, check out cash-back sites such as Ebates.com.

#### TOO GOOD TO BE TRUE?

Double-check what the currency is quoted in as you look for deals in Canada and in the U.S. Also, a lot of older stock is used as door crashers, so check to see if the product is refurbished.

#### WATCH THE SHIPPING

If you are buying from the U.S. or elsewhere, always double-check the shipping options, and if it might get hit by additional duty fees. Keep an eye out for changes: recently Walmart and Amazon raised their free shipping thresholds. TORSTAR NEWS SERVICE



THANKSGIVING IN SPACE

2016



In this image taken from NASA video, astronaut Shane Kimbrough shows a pouch of turkey he will be preparing for his crew in celebration of the Thanksgiving holiday, aboard the International Space Station. NASA VIA AP

2013



Astronauts Michael Hopkins and Rick Mastracchio enjoy a meal on Nov. 28, 2013. FLICKR/NASA

2008



The crews of the Endeavor and Expedition 18 shared a meal on Nov. 27, 2008. FLICKR/NASA

## Astronauts cook up the turkey

Turkey and football will be the main Thanksgiving headliners up on the International Space Station.

NASA astronaut Shane Kimbrough, the station's commander, is serving as Thanksgiving chef for the six-person crew. He showed off the specialties he'll be preparing in a video this week.

"It's going to be a little bit different for us up here in space," he said, "but I'm going to try to make it as much like home as we can."

On Thursday — a regular workday for the crew — Kim-

brough will warm up pouches of sliced turkey, candied yams, and cherry and blueberry cobbler. He'll also add water to the bags of dehydrated cornbread dressing, green beans and mushrooms and mashed potatoes.

"You can't have a Thanksgiving meal without green beans," he noted.

Mission Control promises to beam up some live football games — "to complete the experience," Kimbrough said.

It will be the second Thanksgiving in space for Kimbrough, who's one month into a four-

month mission, and the third for American Peggy Whitson, who arrived at the orbiting lab Saturday for a six-month stay. One Frenchman and three Russians round off the crew.

Kimbrough said he and the others will share what they're thankful for this Thanksgiving. No 1 on the list, he said, is being safe in space.

NASA, meanwhile, is sharing its recipe for "out of this world" cornbread dressing. It's straight from Johnson Space Center's food lab, "no freeze drying required." THE ASSOCIATED PRESS

# Trump backtracks on some promises

## GOVERNMENT

### President-elect also took stand against 'alt-right' movement

Two weeks after his election victory, President-elect Donald Trump began backing off campaign promises Tuesday, including his hard line on climate change and his vow to jail "Crooked Hillary" Clinton that had brought thunderous "Lock her up" chants at his rallies.

A top adviser said Trump is now focused on matters that are essential in setting up his administration, not on comments he made during the heat of the campaign.

After a year blasting The New York Times, Trump submitted to an interview with reporters and editors at the Times office. Among the topics covered, he: **Pushed back against questions about conflicts** that could arise due to a lack of

separation between his government post and his many businesses, declaring that "the law's totally on my side, the president can't have a conflict of interest."

**Took his strongest stance yet against the "alt-right,"** a term often used as code for the white supremacist movement. Though members are celebrating his victory, he said, "It's not a group I want to energize. And if they are energized, I want to look into it and find out why."

**Spoke positively** not only of fellow Republicans in Congress — "Right now they are in love with me" — but also of President Barack Obama, who he said is "looking to do absolutely the right thing for the country in terms of transition."

Trump, who left late Tuesday to spend Thanksgiving at his estate in Florida, also continued to work to populate his incoming administration, officially asking GOP presidential rival Ben Carson to head the Department of Housing and Urban Development, according to a

person familiar with the offer. Carson is expected to respond after the holiday.

Adviser Kellyanne Conway said earlier on MSNBC's "Morning Joe" that Trump is "thinking of many different things as he prepares to become the president of the United States, and things that sound like the campaign aren't among them."

His interview comments on a possible prosecution of his former foe Clinton stood in stark contrast to his incendiary rhetoric throughout the campaign, during which he accused her breaking laws with her email practices and angrily barked at her that "you'd be in jail" if he were president.

"I don't want to hurt the Clintons, I really don't," Trump said in the interview. Sympathetically, he said, "She went through a lot and suffered greatly in many different ways."

Though he declined to definitively rule out a prosecution, he said, "It's just not something that I feel very strongly about."

THE ASSOCIATED PRESS

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## JESSICA ALLEN ON A GORILLA-MARTYR'S LEGACY



### It's been six months since Harambe's death at the Cincinnati Zoo, and the smartest, most meaningful response to date has been a single joke by Dave Chappelle

It's been six months since Harambe, a 17-year-old 450 lb. male gorilla, was shot dead by Cincinnati Zoo officials after a three-year-old boy fell 10 feet into the primate's enclosure.

Although the social media outrage subsided quickly — it always does — Harambe still lives as meta-punchline: A Facebook blog with nearly 900,000 followers; viral songs and videos; and, of course, memes — some humorous, and some so offensive that they are banned from university campuses.

Comedian Dave Chapelle mentioned him in his recent Saturday Night Live monologue: "The Cincinnati police said, 'Shooting a gorilla was the toughest decision this department has ever had to make'... You're about to see a lot of n—s in gorilla costumes in Cincinnati."

Chappelle's joke was a much smarter response to the gorilla's death than all the petitions — some calling for the toddler's mother to be fined for negligence; others for Harambe's "murderer" to be charged with animal cruelty — and more meaningful than the countless candlelight vigils held from Laurier to Leeds.

I went to one of the vigils, on a late Thursday evening in September, at Ryerson University in Toronto. Students gathered at Lake Devo, a small park made mostly of concrete. Their purpose, according to the event's Facebook page: "to commemorate the passing of our beloved Harambe, who

taught us nothing but kindness." It was "BYOC": "Bring Your Own Candles."

Hundreds did, placing them around a framed photo of Harambe set up in front of a 15-foot boulder.

The Lord's Prayer was broadcast to the growing crowd through a sound system consisting of two speakers, a laptop and a microphone.



**FACES OF GRIEF** Students gather at a vigil for Harambe the gorilla at Toronto's Ryerson University in Toronto in September. JESSICA ALLEN/FOR METRO

The crowd began to chant "D—ks out!" A student approached the mic: "Are there people out there who think Harambe was just a gorilla?" he asked. "No!" the crowd responded.

"We got Harambe merch here," an organizer noted. Black T-Shirts with a white image of Harambe in the style of Che Guevara were \$20. "They look really nice," a woman said, holding one up to herself. Harambe pins were \$1.

"Lake Devo should be Lake Harambe from now on," a young man yelled into the mic. Cheers from the crowd.

"I miss you, Harambe," another said. "I wish they took that mother's life instead." The crowd gasped, then laughed.

A poster of Harambe was taped to the boulder as more candles were set around the

glowing effigy of the deceased.

Guns and Roses' "Welcome to the Jungle" played. "What a touching song," someone noted. It was followed by Sarah McLachlan's "I Will Remember You," Whitney Houston's "I Will Always Love You," and a cover of "In the Arms of an Angel." In between songs, the "d—ks out" chant returned. "Someone is smoking

"What started off as a joke ..." an organizer began before the crowd interrupted with boos. "It's not! Let me finish! Beyond border, beyond religion, we are one and we are here for Harambe."

"We are going to celebrate," his colleague said. "Whip that s—t out for Harambe!"

"F—ing rest in peace," a votive offerer said, just as Gary Jules' "Mad World" began.

Friends held each other and swayed back and forth to the lyrics. They gathered shoulder to shoulder around hundreds of candles melting around the shrine-like effigy. There were offerings of bananas. And one dildo.

Young faces were illuminated by candlelight and cell-phones, brands used by those who tweeted death threats at a mother who looked away, a brand I will use to tweet out a link to this column.

They're all made of coltan, a mineral found in the forests of Africa's Democratic Republic of Congo and whose mining over the last two decades has dramatically reduced gorilla habitat, causing more deaths among animals with whom we share 98 per cent of our genetic code than the Cincinnati Zoo ever could.

A woman lit her tea light using her friend's cigarette. "I hate myself," she said.

Which was Black Eyed Peas' "Where is the Love?" People pretending to cry

## VICKY MOCHAMA

### The movie watcher's guide to facing the actual apocalypse

As we await the launch of both the Trump presidency and the attendant nuclear warheads, there may be some lessons to take from the disaster movies of the late '90s.

In this time of uncertainty, these movies demand to know: Are you a hero, a survivor or an early casualty?

If you're a hero type, you'll be drawn to the Armageddon model: Bruce Willis and bunch of professional oil drillers learn to be astronauts so they can dig a giant hole into the asteroid that will end the world. While the movie can be read as an indictment of NASA's emergency preparedness, it's also a handy means of deciding how serious you really are about this whole saving-the-world lark. How many G forces can you tolerate for the sake of all mankind? Are you willing to go to space with all your co-workers?

Survivors will want to follow Tommy Lee Jones' example in Volcano. Survivors just do their job.

Jones' character, an emergency planner, goes into work on the first day of his vacation only for a volcano to surface from under the city of Los Angeles. Determined not to lose more vacation time, he dispatches the volcano in just two days.

His daughter is not a survivor; she screams, "Dad! The lava!" while lava moves towards her. Were it not for her father's determination not to lose more vacation

days, she would not have made it past the first half of the movie.

Which brings us to the early-casualty type. For some reason, women in these movies are into dying quickly and needing to be saved from themselves. Perhaps it's the patriarchy or bad writing or both.

I point you to Twister's Helen Hunt. Her character is leading a scientific study of tornadoes to create early-warning systems. While she doesn't die in the film, it's not for lack of trying. Her approach seems to consist of walking and driving directly into the storms until she's rescued by Bill Paxton — not a known scientific method.

It's left to you, the viewer, to decide whether, given some advance notice of the end of the world, you'd be all right with simply walking into the abyss.

I have reluctantly decided that I'm a survivor. I watched all of these movies with my siblings and warned them that, if lava was coming in their direction, I would not be saving them. That's hero work.

As much as there is to be learned from them — i.e., squint hard enough and you can tell whether a tornado is turning — they have a calming effect. The events of the last two weeks have left me feeling off-kilter and overwhelmed, but even with all terrible things happening, now, unlike NASA, I feel prepared.

**'We got Harambe merch here,' an organizer noted. Black T-Shirts with a white image of Harambe in the style of Che Guevara were \$20.**

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Gigi Hadid apologizes to anyone her Melania Trump impression may have offended

# Moana based on rich past

DISNEY MOVIE

## History of Polynesians not taught in many schools

Genna Buck  
Metro Canada



We set a course to find  
A brand new island everywhere  
we roam  
Aue, aue

We keep our island in our mind  
And when it's time to find home  
We know the way  
These words, from We Know the Way, a soaring number in the new Disney musical Moana, describe a real-life society more magical than the usual enchanted forests and talking teapots.

Moana takes place in the ancient Pacific Islands, a still-surviving Polynesian civilization with a tradition of high seafaring.

Yet their achievements are not well known in North America, nor taught in many schools, said Patrick Kirch, director of the Oceanic Archaeology Laboratory at the UC Berkeley.

Polynesians are descendants of Austronesians, a group of agricultural peoples who fanned

out from near modern-day New Guinea starting five or six thousand years ago. (At least, researchers think so. It's still a matter of debate).

Travelling in outrigger canoes — like a North American canoe, but less tippy and faster, thanks to stabilizing beams and, later, sails — the Polynesians landed in Tonga and Samoa, 5,000 kilometres from their starting place, by about 900 BC.

Around AD 900 came their second great age of exploration. They sailed thousands of kilometres of open ocean to islands where humans hadn't yet tread, from Hawaii in the north to New Zealand in the west and Easter Island in the southeast.

It was all because of somebody's idea to stick two canoes together and connect them with a deck, creating a proto-catamaran that could carry enough food, including live pigs, dogs and chickens, to sustain 50 to 60 people for months.

"They really opened up the whole Pacific world," Kirch said. "Europeans didn't venture very far until the late 1400s. This is 500 years before that."

The wooden boats were sewn together with coconut fibre rope. The people didn't have nails or even the wheel. And yet they found their way. As



the song says, they kept their island in their mind.

"They didn't have sextants or even maps," Kirch said. "They had memorized, incredibly, star rising and setting positions."

Though the film takes some liberties (it depicts double-hulled canoes existing 3,000 years ago when it was more like 1,000), quite a bit is drawn from real Polynesian history and folklore.

Maui (pictured right), voiced by Dwayne "the Rock" Johnson, a demi-god who pulls islands from the sea, lassoes the sun and controls the tides, is a legend in the whole region. The teenage heroine Moana, a chief's daughter whose name means "ocean," is Disney's invention.

In the movie, the resources of Moana's island home are nearly depleted after centuries of human habitation, and, finding herself overwhelmed



The Hōkūle'a, a historically accurate replica of an ancient double-hulled Polynesian canoe, has been sailed around the South Pacific and the whole world since the 1970s (above); the canoe is depicted in the new Disney musical Moana (below). PHIL UHL/WIKIMEDIA COMMONS; CONTRIBUTED

with wanderlust, she sets sail to discover someplace new.

That's realistic enough — though in a strict patriarchal society, it would never have been a girl who saved the day, Kirch said.

"There are push factors; on smaller islands populations

built up, there was competition and warfare. But there was also a kind of a pull. These people had a conception that there were always more islands out there. They had stories and traditions about it.

"It was much like medieval European society. The older son

inherits the land and the title. So if you're a junior sibling and you go out and find a new island, you become the chief.

"There's a certain drive: 'Let's take this big canoe. You know grandpa found this island. Maybe there's another one out there.'"



JOHANNA SCHNELLER WHAT I'M WATCHING

# Is The Fall good or fake good?

THE SHOW: The Fall, Season 3, Episode 2

THE MOMENT: The hospital visit

At the end of Season 2, Paul Spector (Jamie Dornan) confessed to being the Belfast Strangler, who murdered many women. Then he got shot. Now he's in hospital recovering, while Stella Gibson (Gillian Anderson), the lead detective who hunted him down, hov-

ers nearby.

A doctor asks Spector what year it is. He answers, "2006." (It's really 2012.) The doc dismisses that as normal disorientation. A scene later, Spector's daughter Olivia (Sarah Beattie) visits him. He seems bewildered to see her. "Why are you so big?" he asks.

Oh no. Amnesia??? You may argue that I should wait and see; perhaps he's only

pretending. He's a criminal mastermind, after all. To that I reply, oh no. Fake amnesia???

This series has always confused me. The scripts' many lines of allegedly feminist dialogue are so on the nose they're almost risible. ("We've chosen to work in a masculine, patriarchal, paramilitary culture," Gibson purrs to a fellow female cop. "Let's not let it beat us.")

Even worse, that feminist

talk is set off by far more numerous, lovingly-shot images of Spector's misogynistic thrill kills.

And now (sigh) amnesia??? Could this series' attractive surface be fooling us? Could it be ... fake good?

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



The Fall aired on Bravo. Episodes can be seen at bravo.ca. CONTRIBUTED



**ROSE REISMAN THE SAVVY EATER****THIS WEEK:** Spinach and artichoke dip vs. chili popcorn shrimp

Some starters will have your meal ending in a nutritional disaster.

**PICK THIS****Milestones Chili Popcorn Shrimp with Chili Avocado Sauce**

**Calories** 540  
**Fat** 32g  
**Saturated Fat** 4.5g  
**Sodium** 1510mg

**SKIP THIS****Milestones famous Hot Spinach and Artichoke Dip and Tortilla Chips**

**Calories** 1150  
**Fat** 81g  
**Saturated Fat** 30g  
**Sodium** 1490mg

**HERE'S WHY**

**Equivalent in fat to more than 10 medium slices of ham and pineapple pizza from Domino's.**

The appetizers we eat before our entrées can have more calories, fat and sodium than we should be consuming in an entire day! When we hear the word "spinach," we think green and healthy, but the creaminess comes from the fatty mayonnaise and cheese. There is spinach, but it's not that evident. While the Chili Popcorn Shrimp are still fried and served with buttered popcorn and avocado aioli, it ends up being a much lighter pick.

**FOOD BRIEFS****Kids who drink whole-fat milk leaner, study finds**

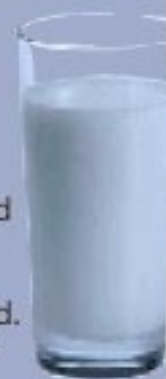
Young children who drink whole cow's milk tend to be leaner and have higher vitamin D levels than those who consume low-fat or skim milk, researchers say.

In a study of more than 2,700 children aged one to six, Toronto researchers found that those who drank whole milk had a body mass index score almost a full unit lower than kids who drank one per cent or two per cent milk.

That's comparable to the difference between having a healthy weight and being overweight, said Dr. Jonathon Maguire, a pediatrician at St. Michael's Hospital who led the study.

Kids who consumed whole-fat milk were roughly three times less likely to be overweight and two times less likely to have a vitamin D deficiency compared with children given one per cent milk, he said.

THE CANADIAN PRESS

**LIQUID ASSETS PETER ROCKWELL****Finding the perfect all-purpose people pleaser**

reds I always recommend a bottle from Valpolicella, a winemaking zone in the northeastern region of Veneto in Italy. Made primarily

for Corvina, a grape native to the area, classic Valpolicella is smooth and juicy with a sublime balance of tannin and acid.

With its flowing flavour trail of bright cherry fruit, Bolla's 2015 Valpolicella Classico (\$13.95-\$16.99) is the quintessential version that's perfect as a cocktail wine or as a companion to a complex meal.

Prices reflect the range across the country. Some products may not be available in all provinces.



With the holidays fast approaching, I'm betting many of you will be searching for the ultimate Goldilocks wine: one that's not too light or too heavy, too sweet or too dry. In other words, a wine that is just right.

On the white side a glass of German-made Riesling is my pick for the perfect all-purpose people pleaser. Typically soft with a hint of residual sugar, they mix and mingle with a broad range of cuisine, while offering a flavour profile that's incomparably drinkable.

When it comes to

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- Supervise the implementation of new office systems from various shared service departments
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**REQUIREMENTS OF THE POSITION:**

- 2-3 years of demonstrated success in a similar role
- Great organizational and time management skills
- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

Individuals interested and having the skills described are requested to submit their resume and cover letter on our career site at: <https://careers-starmediagroup.icims.com/jobs/1075/receptionist-sales-coordinator/job> no later than December 4, 2016. All submissions will be treated as confidential! Thank you for your interest in joining our Metro News Team!

**RECIPE****Give your day a smooth start**

**Ricardo Larrivée**  
For Torstar News Service

A healthy breakfast can be the difference between a good day and a sluggish one. The trick to any well-balanced meal is to have a good mix of protein, fibre-rich carbs and healthy fats.

Cue this smoothie bowl, packed with the creamy goodness of Greek yogurt and blended with a drizzle of maple syrup and antioxidant-rich blueberries, blackberries and banana. Top it with crunchy, homemade quinoa granola, and you have all the nutrition you need until lunch. And it only takes 15 minutes to put together!

**Smoothie Breakfast Bowl****Ingredients:**

- 1/2 cup (125 mL) plain Greek yogurt
- 1/3 cup (50 g) frozen blueberries
- 1/3 cup (45 g) fresh blackberries
- 1/2 small banana, sliced
- 1 tbsp (15 mL) maple syrup
- 1/3 cup (40 g) quinoa granola

**Directions:**

1. In a blender, purée yogurt, three-quarters of the fruit and the maple syrup until smooth.



**This tasty, quick-to-make smoothie breakfast bowl has all the nutrition you need to keep going till lunch.** CONTRIBUTED

Pour into a small bowl.  
 2. Top with remaining fruit and the granola.

3. If using fresh blueberries instead of frozen, refrigerate smoothie for several minutes before serving.

**Quinoa Granola****Ingredients:**

- 1/2 cup (90 g) quinoa, rinsed and drained
- 1/2 cup (80 g) shelled pumpkin seeds
- 1/2 cup (75 g) shelled sunflower seeds
- 1/2 cup (65 g) unsalted cashews, crushed
- 1/2 cup (65 g) unsalted shelled pistachios, crushed
- 6 tbsp (90 mL) maple syrup

- 2 tbsp (30 mL) canola oil
- 1/4 tsp salt

**Directions:**

1. With the rack in the middle position, preheat oven to 325°F (160°C). Line a baking sheet with parchment paper or a silicone mat.

2. In a large bowl, combine all ingredients.

3. Spread mixture onto the prepared baking sheet. Bake for 20 minutes, stirring halfway through cooking. Let cool completely.

The granola will keep for about one month in an airtight container in a cool, dry place.



# Cold Snap: Pear-fectly Canadian

## PRODUCE

### Roly-poly pear produced to be a wintertime favourite

Late fall usually is a sad time for local pear lovers as first Bartlett, then Bosc disappear from supermarket shelves, to be replaced by imports.

But until the end of January Canadian growers are proudly packing a new late-season variety in bright blue bags.

Here's to Cold Snap, the sweet, juicy pear with the pretty pink blush that aims to become winter's favourite fruit.

"It will probably take a couple of years to become a household name like Honeycrisp," says Matthew Ecker, sales and business development manager at Vineland Growers Co-operative in Jordan Station, Ont., which grows and markets the fruit.

This squat, roly-poly pear, the first bred in Canada, was released in 1972 under the name AC Harovin Sundown. As the first of 75,000 trees in Ontario



This year the Cold Snap is available in Ontario, Quebec and Nova Scotia, but in a couple of years, the current plantings will reach full maturity and supply will extend across Canada. ONTRIBUTED/VINELAND GROWERS CO-OPERATIVE

and Nova Scotia came of age last year, growers searched for a catchier name. Cold Snap was born, with its own website, coldsnappear.ca.

As part of the branding pro-

cess, Consumer Insights Research program leader Amy Bowen conducted pear focus groups at Niagara's Vineland Research and Innovation Centre.

Consumers are particularly

annoyed with pears that are rock-hard one day and mushy the next, Bowen says, a problem Cold Snap doesn't have. She says participants also loved the pear's made-in-Canada story.

Cold Snap is grown using new techniques that produce lots of skinny Charlie Brown-like trees loaded with pears on far less land than the old sprawling trees.

A few general rules for pear storage:

#### Buy & Store

Look for 2-pound (1 kg) bags or clamshells of Cold Snaps in retail stores until late January.

If you like firm pears, refrigerate immediately. Or leave on the counter for two to three days to soften slightly.

Bright yellow skin indicates optimal flavour. Unlike its Bartlett cousin, Cold Snap remains firm even when ripe.

Don't store near aromatic foods such as onions.

#### Prep

Handle fibre-rich pears with care to avoid bruising.

Rinse under cool running water and serve. Peel and core just before using.

Cold Snap is pear-fect for poaching, roasting or baking.

#### Serve

Try a pear-cranberry crisp or a pear-parsnip soup.

Think preserves, dumplings and sorbet.

Slice and serve raw with a plate of creamy cheeses or toss in a salad, leaving on the pretty yellow skin. TORSTAR NEWS SERVICE

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THE NEW YORK OBSERVER | Rex Reed



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# A driver's car with great tech



REVIEW

## CX-9 an easy car to spend time in



**Jonathan Yarkony**  
AutoGuide.com

While every passing week we've spent with the CX-9 proves that it is a driver's car through and through, some days, you just want your car to deliver you to the office with the least amount of stress possible.

Although Mazda isn't anywhere close to Tesla AutoPilot or Mercedes Intelligent Drive in terms of autonomous driving, there are a handful of systems that provide a security blanket, while others take a little bit of the workload off the driver.

The most prominent driving convenience feature of the CX-9 has to be adaptive cruise control, which allows you to set a chosen top speed, and the vehicle maintains that speed but also slows down when approaching slower traffic.

At highway speeds, the CX-9 does so seamlessly, calmly keeping your designated speed and a gap that you can set on the steering wheel controls, both of which are displayed in the head-up display unit along with current speed. In most cases, the CX-9 slows gradually when approaching slower traffic, though not early enough when approaching stand stills or crawling traffic jams.

My main complaint is that Mazda's adaptive cruise cuts

out below 24 km/h, unlike some (like the Honda Civic!) that can bring you all the way down to a crawl, and even handle brief full stops during stop-and-go traffic.

Thankfully, the CX-9 also has forward collision alert (Distance Recognition Support System or DRSS and Forward Obstruction Warning in Mazda-speak), which broadcasts a sharp beep when coming up too fast on vehicles ahead. While we rarely needed this, it did on a couple occasions get my full attention when I may have been daydreaming or staring too hard at a Z06.

Meanwhile, there is no shortage of technology inside the car to keep you entertained and informed, accessible via the Mazda Connect interface. We really loved this system at first glance and when we first encountered it in previous models. It has a large, clear, highly visible screen atop the dash close to one's driving sightlines, and the graphics are modern and appealing. While it is a touchscreen, it can only be controlled by touch when the vehicle is stationary, and some functions, like rearranging your audio favourites, are also only available when parked.

While this descends into seriously spoiled-auto-reviewer territory, Mazda could use an update to its satellite radio functions, which does not offer rewind or record functions as seen on Kias and other brands. Otherwise the settings, audio and phone controls are mostly logical, although the icons for functions at the bottom of the screen take a bit of getting used to.

## THE CHECKLIST | 2016 MAZDA CX-9

### THE BASICS

**Engine:** 2.5L turbo four-cylinder  
**Transmission:** Six-speed automatic  
**Power:** 227/250 hp, 310 lb-ft of torque  
**Curb Weight:** 1,950 kilograms  
**Fuel Economy (L/100 km):** 11.2 city, 8.8 hwy  
**Price:** Starts at \$37,195; \$51,995 as tested (freight included)



### LOVE IT

- Mazda Connect
- Forward collision alert

### LEAVE IT

- Unclear buttons on steering wheel
- Adaptive cruise cuts out at under 24 km/h
- Satellite radio functions could use an update.

## AUTONOMOUS

# Hyundai previews self-driving Ioniq

**Stephen Elmer**  
AutoGuide.com



Using its newest electrified vehicle as a platform, Korean automaker Hyundai rolled out the Autonomous Ioniq concept at the 2016 L.A. Auto Show.

Hyundai was quick to highlight that the concept is one of the few self-driving cars currently in development that has a hidden LiDAR system in its front bumper, rather than on the roof. This way, it actually

looks like a standard production car and not a "high school science project," as Hyundai so aptly said.

The goal of the concept is to keep self-driving systems as simple as possible, so that they can be cost-efficient to implement, allowing it to be installed in future Hyundai models the average consumer can afford. To make this a reality, Hyundai used the production car's Smart Cruise Control's forward-facing radar, as well as the Lane Keep Assist cameras and integrated them with LiDAR technology.

The company is also developing its own operating system, with the goal of using a lot less computing power to go with the hardware.

Currently, the hidden LiDAR system can detect the absolute position of surrounding vehicles and objects and is complemented by the Forward Facing Radar, which detects the relative location and speed of objects in the vehicle's forward path. There's also a three-camera array that detects pedestrian proximity, lane markings and traffic signals, while a GPS antenna

pinpoints the precise location of each vehicle. High-definition mapping data is provided by Hyundai MnSoft, delivering location accuracy, road grade/curvature, lane width and indication data. Lastly, there's a Blind Spot Detection radar to make sure lane changes are done safely.

Hyundai will also bring a pair of Autonomous Ioniq concepts to the Consumer Electronics Show (CES) next January. Those two vehicles will be driving up and down the streets of Las Vegas and will be offering media rides.



Hyundai wanted its self-driving car to look like a regular automobile, not a "high school science project." HANDOUT



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Police ejected but didn't arrest two Manchester United fans who slept over at Old Trafford after a tour to try to watch Saturday's match vs. Arsenal



## Huskies hitting stride as holiday break nears

UNIVERSITY HOCKEY

**Saint Mary's has had to go without full blue-line corps**

**Adam Richardson**  
For Metro | Halifax

Trevor Stienburg has spent most of this season putting bandages on his blue line.

Now, the Saint Mary's Huskies coach hopes recent positive results are a healthy sign of things to come as the Atlantic University Sport men's hockey season nears the holiday break.

After a slow start, the Huskies have won three games in a row. Last Friday's convincing 5-1 road triumph over the nationally second-ranked St. Francis Xavier X-Men was followed by a 5-3 win over cross-town rival Dalhousie on Saturday, bringing Saint Mary's into the mix at 6-7-1 on the season.

The record isn't bad considering the team played several games with just three regular defencemen earlier in the season and were forced to use forwards Michael Curtis, Stephen Johnson and Calder Brooks on the back end.



Saint Mary's Huskies head coach Trevor Stienburg in a photo taken last season. JEFF HARPER/METRO

"Given our situation, we actually didn't play poorly in a lot of the early games," Stienburg explained. "Often, it's just one or two mistakes a night that cost us points when we couldn't keep the pace. I think our early stretch brought out the best in a lot of guys and I'm looking forward to seeing more of that."

With 10 new players joining the squad this season, he says the Huskies are still "finding themselves" as key defencemen get healthy.

Austyn Hardie is out with a fractured hand, Stephen Gillard is just now returning and Mark Tricett missed the entire season thus far.

That leaves a hefty workload for fifth-year defenceman and team captain Kyle Pereira, who's responded with two goals and 11 points in 14 games. He feels the Huskies' best hockey is in front of them as the calendar nears 2017, and was impressed by the versatility of his patchwork blue-line teammates.

### + SCHEDULE

**Saint Mary's has a couple of key tests this weekend at the Halifax Forum.**

■ The UPEI Panthers visit on Friday and the defending national champion UNB Varsity Reds are in town on Saturday.

■ The V-Reds remain the top-ranked team in the nation and are 12-0-2 on the season.

"Buy-in is not an issue on this team," said Pereira. "I can't say enough about what they did to help us and hopefully we're on the other side of it now. When we're healthy, we're a fast team, we're good in transition and we're just like every other team in the AUS — expecting to make a playoff run and give ourselves a chance to make nationals in Fredericton."

man and team captain Kyle Pereira, who's responded with two goals and 11 points in 14 games. He feels the Huskies' best hockey is in front of them as the calendar nears 2017, and was impressed by the versatility of his patchwork blue-line teammates.

NHL

## Canes roll to 5th win in a row

Former Maple Leafs winger Viktor Stalberg scored the go-ahead goal shorthanded on Tuesday night as the Carolina Hurricanes edged Toronto for their fifth straight victory.

Jeff Skinner also scored for Carolina (8-6-4) with Cam Ward stopping 25 of 26 shots.

Frederik Andersen made 27 saves for Toronto (8-8-3), which lost for only the third time in 10 games at home. Jake Gardiner was the only Leaf to beat Ward.

**TUESDAY In Toronto**



Auston Matthews, meanwhile, continued to generate chances for the Leafs without finding the back of the net. The 19-year-old has gone 13 consecutive games without scoring.

The Hurricanes jumped ahead in the back half of the second while killing a penalty. Carolina picked off Tyler Bozak's passing attempt in the neutral zone and sent Stalberg in alone, the former Leaf beating Andersen with his third goal in 17 games this season.

THE CANADIAN PRESS

**I think our early stretch brought out the best in a lot of guys and I'm looking forward to seeing more of that.** Trevor Stienburg

QMJHL

## Mooseheads get sweet revenge against the Titan

**Dylan DesRoche**  
For Metro | Halifax

The Halifax Mooseheads earned themselves a victory and some revenge Tuesday night in Bathurst.

Bradley Kennedy scored the winner with three minutes left in the third period as Halifax posted a 5-3 victory at the K.C. Irving Centre.

Tuesday's win comes after an embarrassing 11-10 loss to Bathurst on Sunday afternoon

in Halifax.

Despite that setback, head coach Andre Tourigny said in a post-game interview he didn't have to say much to his team about its performance in that wild game.

"The guys knew what we did wrong, we felt really bad about ourselves after that game," Tourigny said of his team's play Sunday.

"It was really important for us to step up tonight and have a really good game, and the guys were ready."

"It was a good bounce back

game for us."

Max Fortier continued his productive season, scoring twice, earning himself first-star honours. Otto Somppi potted his sixth of the season to start off the third, and Keigan Goetz added an empty-netter to end the night.

Rookie Alexis Gravel was solid in goal for Halifax, making 30 saves.

Antoine Morand, Daniil Mir-omanov and Christophe Boivin scored for Bathurst.

Halifax's next game will be Thursday at home against the Quebec Remparts at 7 p.m.



Max Fortier scored twice in Tuesday's victory. JEFF HARPER/METRO

### IN BRIEF

#### Vegas' Knights are Golden

The NHL's newest team is named the Vegas Golden Knights.

Owner Bill Foley and NHL commissioner Gary Bettman announced the

Las Vegas expansion franchise's official name and revealed its logo and colours

Tuesday night at a gala ceremony for about 5,000 fans outside T-Mobile Arena, where the Golden Knights will begin play next season. THE ASSOCIATED PRESS



# Big week for Messam in his hometown



Jerome Messam ran for 133 yards and a touchdown in his last game in Toronto on Oct. 10. RICK MADONIK/TORSTAR NEWS SERVICE

## GREY CUP

### Toronto native a big star for in-form Stamps, may win awards

Jerome Messam is going home for his first Grey Cup after seven seasons and five different CFL teams. The CFL's leading rusher will play a prominent role for the Calgary Stampeders in Sunday's game against the Ottawa Redblacks in his hometown Toronto.

Messam, 31, played high school ball at Notre Dame Catholic Secondary School in the Toronto suburb of Brampton.

"It's my first Grey Cup. It's been seven years. I'm trying to

keep my emotions at bay right now," Messam said. "I know when we get out there on Sunday, it's going to be just a feeling of me arriving. I'm from Toronto. I'm going to have a lot of family there to support me."

The Stampeders flew to Toronto on Tuesday for the 104th Grey Cup. A punishing running back at six-foot-three and 254 pounds, Messam has gained a foothold in Calgary after previous stops in B.C., Edmonton, Montreal and Saskatchewan that lasted two

seasons or less.

He topped the CFL in rushing with 1,198 yards in 2016 and was one of just two players to surpass 1,000. Messam is a double threat on offence because of his receiving skills. He totalled 485 passing yards and ranked second in the league in touchdowns.

He set career highs this season in rushing and receiving yards, touchdowns, carries (206) and receptions (54). Messam is up against Hamilton Tiger-Cats receiver Andy Fantuz for the CFL's Outstanding Canadian award. He won the trophy in 2011 after rushing for 1,057 yards for the Edmonton Eskimos.

Award winners will be announced Thursday night in Toronto. "I'm very blessed for it to unfold like this," Messam said. "Hopefully I can win the award, win the game on Sunday at home in front of family and friends."

THE CANADIAN PRESS

Former quarterback Damon Allen and CFL commissioner Jeffrey Orridge arrived at Toronto's HMCS York by boat with the Grey Cup Tuesday. CHRISTOPHER KATSAROV/THE CANADIAN PRESS



## CHAMPIONS LEAGUE

### Spurs exit Europe with a whimper

Monaco sealed first place in Group E of the Champions League with a 2-1 win over Tottenham in a thrilling display of attacking football on Tuesday.

Needing just a draw against the only side to remain unbeaten in the Premier League to progress to the knockout phase, Monaco did not hold back. However, it took the hosts 48 minutes to break the deadlock with a goal from Djibril Sidibe, who then turned provider when Thomas Lemar scored

the winner five minutes later.

Harry Kane had equalized from the penalty spot for Spurs, which can no longer qualify for the knockout phase.

"We got ourselves back in the game at 1-1 and it was school-boy to concede straight after that," Kane said. "We had to try to grind out a win because we were not great tonight. The second goal took the stuffing out of us. I just don't think on the day we were good enough."

THE ASSOCIATED PRESS

## IN BRIEF

### Sharks extend Burns' deal

The San Jose Sharks have signed star defenceman Brent Burns to an eight-year contract extension.

The deal announced Tuesday keeps Burns off the free-agent market next summer and with the Sharks for the long term.

Burns was a finalist for the Norris Trophy last season as the NHL's top defenceman when he helped lead San Jose to its first appearance in the Stanley Cup Final.

THE ASSOCIATED PRESS

### Notre Dame to be stripped of wins for misconduct

The NCAA announced Tuesday that Notre Dame must vacate all 21 victories from the 2012 and 2013 seasons, including the 12-0 run that vaulted the Fighting Irish into the national title game against Alabama.

The reason is a former student athletic trainer committed academic misconduct by doing substantial course work for several players. The school said it would appeal the decision. THE ASSOCIATED PRESS

## SWIMMING

### Greatest Olympian Phelps to retire

The man with the most medals in Olympic history, Michael Phelps, has taken another step to put an official seal on his retirement.

ESPN and NBC Sports report Phelps told reporters Monday that he has removed himself from USA Swimming's drug-testing program. Phelps ended his previous retirement after the 2012 Games by rejoining the same program. Phelps later reiterated his retirement on stage Monday, saying, "I'm done competitive



Michael Phelps  
GETTY IMAGES

swimming, but I'm never too far away from the pool."

Phelps also touched on his secret June wedding to Nicole Johnson. Phelps says he and Johnson married in order to make it easier for them to travel to the Rio de Janeiro Olympics with their infant son, Boomer.

THE ASSOCIATED PRESS

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# RECIPE Chicken with Beans and Rice



PHOTO: MAYA VISNYEY

Hearty, one-pot dinners are the answer to the what's-for-dinner question as the days get colder.

**Ceri Marsh & Laura Keogh**  
For Metro Canada

**Ready in**  
Prep time: 60 minutes  
Cook time: 50 minutes  
Serves 4

- Ingredients**
- 1/4 cup flour
  - 1 1/2 Tbsp chili powder
  - 1/4 tsp salt
  - 1/4 tsp pepper
  - 6 chicken thighs
  - 1 Tbsp olive oil
  - 2 cloves garlic, minced
  - 1 x 15 oz can of kidney beans
  - 1 x 19 oz can of tomatoes
  - 1 cup frozen or fresh corn
  - 3/4 cup chicken stock
  - 1 cup brown rice
  - Small handful of chopped cilantro and quartered limes for garnish

- Directions**
1. Preheat oven to 350 F.
  2. On a plate, toss together flour, chili and salt and pepper. Dredge chicken through mixture until well-coated.
  3. In a large Dutch oven or oven-proof pot, heat up olive oil over medium-high heat. Brown chicken on both sides. Place browned chicken on a clean plate and put aside. Drain excess fat from pot.
  4. Turn heat down to medium and add garlic, allow it to soften and become fragrant. Add beans, tomatoes, stock, corn and rice. Stir. Break up tomatoes with wooden spoon. Raise heat again so mixture comes to a boil.
  5. Place the chicken pieces on top of your tomato-y mixture, place a lid on top and place in the oven for 45 to 50 minutes. Remove from the oven and serve with a sprinkling of cilantro and lime.

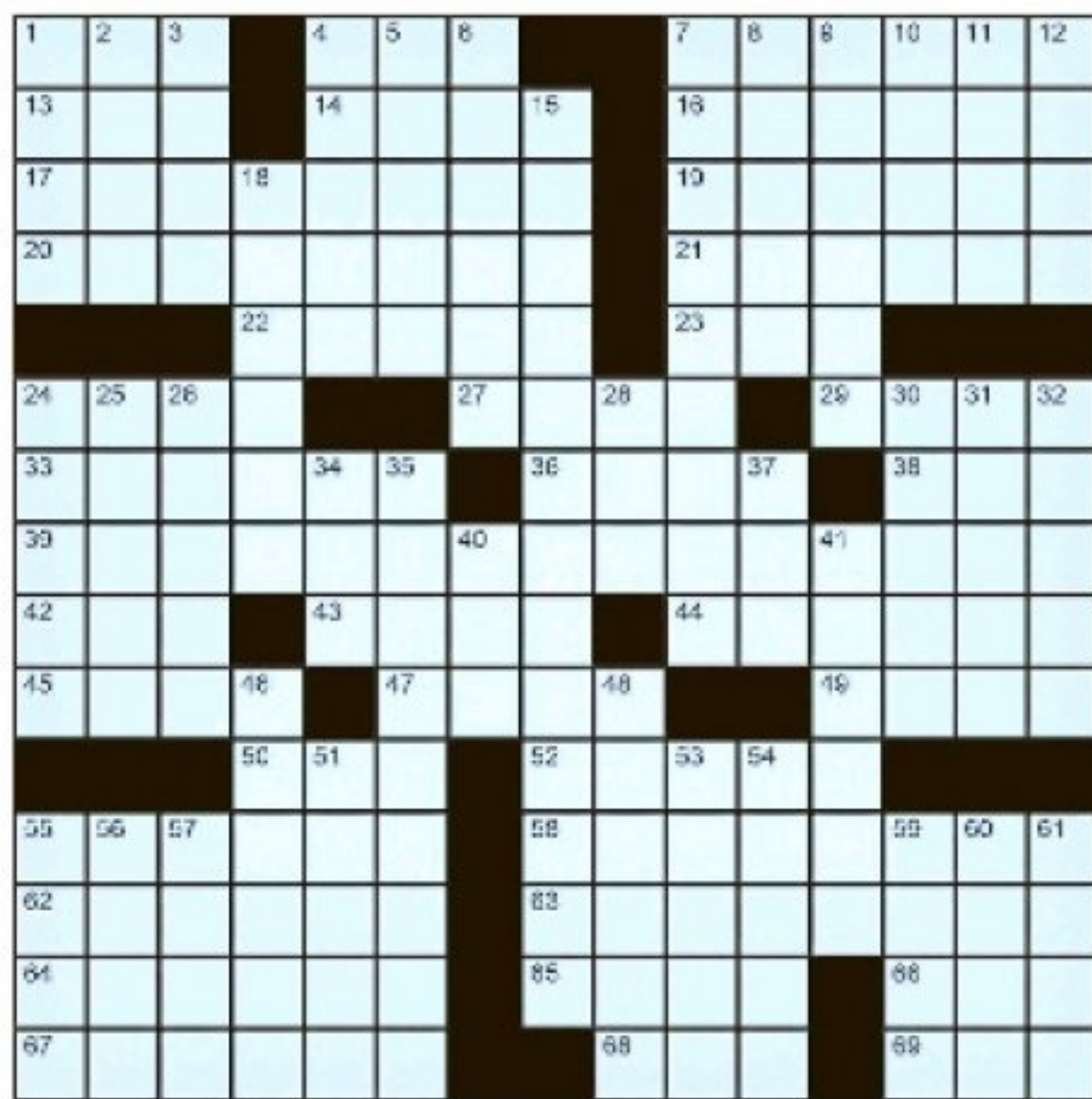
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# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

1. Every
4. Web pop-ups, e.g.
7. Particular party platter pick
13. Westerns: Mr. Rogers
14. Complain
16. US web destination for the "Game of Thrones" airer: 2 wds.
17. \_\_\_ pieces (Used old towels to create rags, perhaps)
19. Comedian/actor Ray
20. Begin a journey: 2 wds.
21. Speaks from the podium
22. Christmas-time resin
23. "Oh, give \_\_\_ home where the buffalo..."
24. New Zealand fruit
27. Palm used for basketry or thatching
29. Canadian ice dancing skater Scott
33. Greek mythology hunk
36. Belgium neighbour [abbr.]
38. Kind of small deer
39. Harbour town in Simcoe County in Ontario on Georgian Bay
42. Butter portion
43. Nose-in-the-air sort
44. Pops in the freezer for a bit
45. Plus
47. Narcotic
49. "...so long \_\_\_ both shall live?"



50. Alphabetic trio
52. Send payment
55. Materialize
58. Textured like sugar
62. Legendary Canadian contemporary dance company, \_\_\_
63. Mix, as oil and

5. Blood \_\_\_
6. Ringed planet
7. \_\_\_ scale, in music
8. "Don't be such \_\_\_!" (Show some enthusiasm!)
9. Negative response to The Queen, informally: 2 wds.
10. Curious as \_\_\_

69. Belonging to the Beaver State, for short

1. Fine pursuits
2. Swag
3. Constellation for the star Vega
4. Cordiality

11. Cornmeal bread
12. Goth/rock music fans
15. Insignificant issue, trendy-style
18. Short-tailed weasel
24. 10th Greek letter
25. "An \_\_\_ Husband" (1999)
26. Habits/customs, fancy-style
28. Little, in Montreal
30. Mr. Hersheiser's of baseball
31. "\_\_\_ Want to Be with You" by Dusty Springfield
32. Ms. Witherspoon
34. "\_\_\_ all good." (No worries)
35. Golfing hazards: 2 wds.
37. \_\_\_ Prince Albert of Monaco
40. \_\_\_easter
41. Away-from-work break
46. Mythological mountain nymphs
48. Berlin's language
51. Armée du \_\_\_ = The Salvation Army
53. Particular purple
54. Chesterfield (Municipality in Nunavut)
55. Settled off the saddle
56. Fashion designer, \_\_\_ Rabbane
57. Legal 'deal'
59. Red carpet ride
60. At a distance
61. Reuben breads

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
You are prepared to work hard to study or learn something new today. Get as much done as possible, because you have the mental discipline to do this today.

**Taurus** April 21 - May 21  
You might be discouraged about your fair share of something today. At least you will learn what the legal ramifications and restrictions are that you have to face.

**Gemini** May 22 - June 21  
People are in a serious frame of mind today, which is why conversations with partners and close friends are practical and to the point. Someone older might give you his or her opinion or advice.

**Cancer** June 22 - July 23  
Listen to the advice of someone older at work today, because it could save you time. One thing is certain — today you have to play by the rules, plain and simple.

**Leo** July 24 - Aug. 23  
Children might be an increased responsibility today. Social occasions intended for entertainment and fun will require work and serious planning.

**Virgo** Aug. 24 - Sept. 23  
Family discussions will be serious today. Someone older or in a position of authority will have sway. It's a good day to discuss home repairs.

**Libra** Sept. 24 - Oct. 23  
It's easy to fall into worry mode today. Fortunately, your mind is focused, sharp and will pay attention to small details. Choose work that requires mental concentration.

**Scorpio** Oct. 24 - Nov. 22  
You feel cautious about financial issues today. You might be concerned that you don't have enough money to do something, or you might be hesitant about a major expenditure.

**Sagittarius** Nov. 23 - Dec. 21  
Today you feel careful and cautious about everything. Although you usually do things in big gestures, today you are conservative.

**Capricorn** Dec. 22 - Jan. 20  
Research of any kind will go well today, because you have the right frame of mind to do routine work and focus on details. Expect solid results as your payoff.

**Aquarius** Jan. 21 - Feb. 19  
Someone older or more experienced will influence you today. Do not let pessimism limit your future goals and planning.

**Pisces** Feb. 20 - March 20  
Follow the rules and play things by the book when dealing with bosses, parents and VIPs today. People are cautious and careful today. Don't push your luck.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			4	6	7			
		2				6		
	6	5				3	9	
7								2
2								1
	9	6	8		5	7	4	
			5		6			
		1				5		
		8	7	3	9	1		

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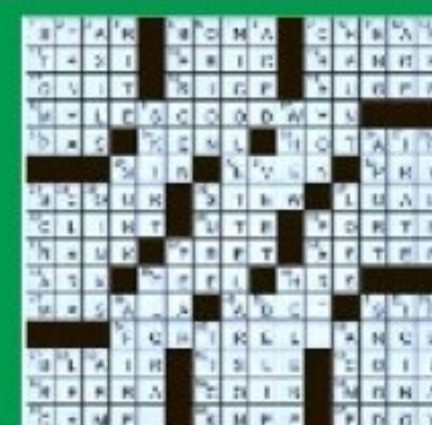


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9	5	2	3	8	4	1	7	6
8	1	3	7	5	6	9	4	2
7	6	4	9	2	1	8	3	5
3	2	8	6	7	9	4	5	1
6	7	1	2	4	5	3	9	8
4	9	5	1	3	8	6	2	7
1	3	7	4	6	2	5	8	9
5	4	9	8	1	7	2	6	3
2	8	6	5	9	3	7	1	4



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